

## Aging & Disability Resource Center of Waukesha County

514 Riverview Ave  
Waukesha, WI 53188  
Open 8:00 am to 4:30 pm  
Monday through Friday

Local: 262-548-7848  
Toll Free: 866-677-2372  
Fax: 262-896-8273  
TTY: 7-1-1

Website:

[www.waukeshacounty.gov/adrc](http://www.waukeshacounty.gov/adrc)

Visit our website for this and  
past newsletters.

**After hours call  
IMPACT 2-1-1  
211, or toll free  
1-866-211-3380**

### Our Mission

To provide older adults and people with physical or developmental/intellectual disabilities the resources needed to live with dignity and security and to achieve maximum independence and quality of life. The goal of the Aging and Disability Resource Center is to empower individuals to make informed choices and to streamline access to the right and appropriate services and supports.

### Inside this Issue:

- ◇ June 15th Elder Abuse Awareness Day
- ◇ Men's Health Month
- ◇ Ask Ina—What is Hospice
- ◇ ADRC Open House-July 26



June 2017

# The ADRC Connection



## Farmers' Market Vouchers Available to Waukesha County Seniors Distribution Begins June 1st

The Aging and Disability Resource Center of Waukesha County will once again be distributing Senior Farmers' Market Vouchers. Waukesha County Seniors who are at least 60 years of age (Native Americans 55 years of age or older) and have household incomes of not more than 185% of the federal poverty income guidelines are eligible to receive \$25.00 worth of vouchers to purchase fresh, nutritious, unprepared fruits, vegetables, herbs, and honey from farmers' markets and roadside stands.

Household Size	Monthly Income Limit	Annual Income Limit
1	\$1,860	\$22,311
2	\$2,504	\$30,044
3	\$3,149	\$37,777
4	\$3,793	\$45,510

(Please contact the ADRC to obtain income limitations for households larger than 4)

The Vouchers are distributed on a first-come/first-served basis and are limited to \$25.00 per household. Vouchers will not be mailed. The participant or authorized representative (proxy) must visit the distribution site in person to receive the vouchers. A proxy can represent up to four (4) individuals and must provide a signed statement from the eligible senior designating the individual as his/her authorized representative. The proxy must also have the full name, address, phone number and date of birth of the eligible senior to complete the application. Distribution will begin on June 1<sup>st</sup>. Senior Farmers' Market Vouchers must be obtained in the county of residence, but can be spent at any farm stand or market in the state of Wisconsin with farmers who are authorized to accept these coupons.

Vouchers will be available at the ADRC Office, located in the Human Services Center at 514 Riverview Avenue in Waukesha, Monday-Friday from 8:00 am – 4:30 pm. Vouchers will also be offered at various locations throughout the county. Please call the ADRC at (262)548-7848 for additional information on distribution dates, times and locations.

\*Please note that dates and times subject to change without notice.\*

**Wednesday June 7, 2017 – 1:00 pm – 2:30pm—Sussex Outreach Services**

N64 W23760 Main Street, Sussex 246-9490

**Friday June 9, 2017 – 11:00 am - 1:00 pm— East Terrace Apartments**

801 N East Ave., Waukesha 544-9757

**Friday June 9, 2017—1:00 - 3:00—High Ridge Manor**

13445 W National Ave., New Berlin 789-9588

**Monday June 12, 2017 12:30 pm - 3:00 pm—Waukesha Food Pantry**

1301 Sentry Drive, Waukesha 542-5300

**Tuesday June 13, 2017 – 10:00 am – 12:00pm—Wilkinson Manor**

919 E Summit Ave, Oconomowoc 569-8196

**Wednesday June 14, 2017 10:00 am—1:00 pm—Mukwonago Food Pantry**

225 Eagle Lake Avenue, Mukwonago 363-3452

**Thursday June 15, 2017 – 1:30pm – 3:30pm—Hampton Regency**

12999 W Hampton Ave, Butler 781-4407



**Monday June 19, 2017 – 12:00 pm - 1:30 pm—Menomonee Falls Community Center**

W152 N8645 Margaret Road, Menomonee Falls 251-3406

**Wednesday June 28, 2017 11:30 am—2:00 pm Parkland Commons**

427 W 2nd Street, Oconomowoc 262-567-8777

**Thursday June 29, 2017 10:00 am—12:00 pm Breezewood Village II**

450 Sunnyslope Drive, Hartland 367-2868

**Friday June 30, 2017 12:30 pm - 3:00 pm—Waukesha Food Pantry**

1301 Sentry Drive, Waukesha 542-5300



For more information on the services we provide or for general information related to the vouchers, please contact the ADRC at 262-548-7848 or visit our website at [www.waukeshacounty.gov](http://www.waukeshacounty.gov)

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW

Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

The ADRC of Waukesha County is an equal opportunity provider.

## Celebrate Summer!

### Here are some events happening this month in Waukesha County

**Fiesta Waukesha**, June 9-11, This 3 day music and cultural festival is located in Frame Park. Enjoy a wide variety of Hispanic entertainment, Latin American cuisine, amusement rides and more. Opens Friday, June 9 at 4 pm, Sat. & Sunday the fiesta opens at 11:00 am. The cost to get in is free.

**Waukesha's Friday Night Live** - every Friday from 6:30-9:00pm from June through September. Friday Night Live hosts ten stages of entertainment & businesses are open to offer food, candies, drinks, artwork and much more. Free of cost. <http://www.waukeshafridaynightlive.com/>

**Mukwonago Lions Club Summerfeste** - June 15-18, Field Park, Hwy 83 in Mukwonago. Women's softball tournament, entertainment, bean bag tournament, food court, and rides.

**Pewaukee Kiwanis Beach Party** - June 23 -24 at downtown Pewaukee Lakefront. A two day event filled with water activities, water ski shows, entertainment, live music, food, refreshments and an all-you-can-eat pancake breakfast Saturday morning. Entry is free of cost. <http://www.pewaukeekiwanis.org/beach-party>

**Kettle Moraine Days** - June 23-25, Eagle Village Park at Parkview Drive. 55th Annual. Live music, parade, classic car and snowmobile show, military display, fireworks, food, rides, and a 5K run/walk on Saturday. <http://www.kettlemorainedays.com/>

**Hartland's Hometown Celebration** - June 30-July 1, Nixon Park, 175 E. Park Avenue, Hartland. Live music, parade, fireworks, food and fun. <http://business.hartland-wi.org/events/details/hartland-s-hometown-celebration-133941>





PSSSST.....

We're living longer, healthier lives – and continuing to take an interest in many things, including our sexual health. Many senior citizens today are more sexually active than generations before them. There are more divorced and therefore single seniors utilizing online dating which could lead to becoming involved with someone that you have little awareness of their past sexual history.

STD's are a common and growing disease in individuals age 60 and older. Between 2010 and 2014, chlamydia rose 52%, gonorrhea rose 90%, and syphilis rose 65% in this age group in the U.S. As we age, the immune system tends to weaken, and become more susceptible to infections of all kinds; often Sexually Transmitted Diseases (STDs) are asymptomatic for longer periods of time. Yet, they can be transmitted to others unknowingly. While young people between 15 and 24 years still have the highest STD rates, it is not just a young person's disease. When seniors visit their medical providers, they do not generally receive questions of whether they are sexually active, and need screening for these infections. A younger person is more likely to have this as a standard examination protocol. Have that conversation with your doctor – ask for tests if needed. In response to rising STD's, Medicare now offers free STD screenings for seniors, and yet just a small percentage utilize this.

With this in mind, know the facts. More information on STD's can be found at [www.cdec.gov](http://www.cdec.gov) or call Waukesha County Public Health STD services @ (262) 896-8450.



## What's Happening at Your Local Library.....

Alice Baker Public Library  
820 E. Main St. Eagle, WI 53119 (262) 594-2800  
Build a Better World with Habitat for Humanity  
Fri., June 23 1:00-12:00 p.m.  
<http://www.alicebaker.lib.wi.us>

Brookfield Public Library  
1900 N. Calhoun Rd., Brookfield, WI 53005.  
(262) 782-4140.  
Exercise Your Imagination Painting Workshop for Ages 60 and over  
Tues., June 13 at 2:00 p.m.  
<http://www.ci.brookfield.wi.us/38/Library>

Delafield Public Library  
500 Genesee St., Delafield, WI 53018.  
(262) 646-6230.  
Senior Walking Club  
Every Monday at 10-11:00  
[www.delafieldlibrary.org](http://www.delafieldlibrary.org)

Elm Grove Public Library  
13600 Juneau Blvd., Elm Grove WI 53122. (262) 782-6700.  
Lights of the Lakes: A Photographic Tour of Great Lakes Lighthouses  
Tues. June 6 at 2:00 p.m.  
<http://elmgrovelibrary.org>

Mukwonago Community Library  
511 Division St., Mukwonago, WI 53149. (262) 363-6411.  
Senior Gala  
Fri. June 9 at 6:00 p.m.  
Registration is required  
<http://www.mukcom.lib.wi.us>

Muskego Public Library  
S73 W16663 Janesville Road Muskego, WI 53150  
(262) 971-2100  
Photography Class with Kevin Hanley  
Thurs., June 20 at 2:00-3:30 p.m.  
[www://ci.muskego.wi.us/library](http://www.ci.muskego.wi.us/library)

Pewaukee Public Library.  
210 Main St. Pewaukee, WI 53072.  
(262) 691-5670  
Container Gardening  
Tues., June 13 at 6:30-7:30 p.m.  
Registration is required  
<http://www.pewaukee图书馆.org>

Town Hall Public Library  
N76 W31429 Hwy. VV North Lake, WI (262) 966-2933  
"Black Iron Mercy" Author Talk: Eric Schlehlein  
Wed., June 7 at 6:30-7:30 p.m.  
<http://www.townhalllibrary.org/>

Waukesha Public Library  
321 W Wisconsin Ave. Waukesha, WI 53186 (262)-524-3680  
History Talk: The hidden Impact of Segregation on Waukesha County  
Wed., June 28 at 6:30-8:00 p.m.  
<http://waukeshapubliclibrary.org>





# The Joy of Caregiving

## An uplifting series for family caregivers

The Aging and Disability Resource Center (ADRC) of Waukesha County, in partnership with the Caregiver Coalition of Waukesha County, presents a **FREE** monthly speakers' series for caregivers. Sessions will be held at different locations throughout the county.

Each session will take place from 9:30am – 11:30am.

**Pre-registration is highly encouraged** as seating may be limited.

With advance notice, off-site respite care may also be available for your loved one. Please mention the need for respite care at the time of registration. Please register no later than one week prior to each event to reserve a seat. **To register to attend and to request respite, please contact the ADRC 262-548-7848.**



On Tuesday, April 4th, 2017, Sr. Marianne Muscott from the St. Ann Center for Intergenerational Care presented "Time to Reflect on the Joy, Gift, and Challenge of Caregiving" at Three Pillars Senior Community. Sr. Marianne helped us to explore how we can handle the daily challenges that come from caregiving. We shared ideas of how to take care of ourselves (journals, build a "caregiver jacket", think of what gives us joy, and give ourselves permission to feel things such as anger and fear). She said, "It is not what happens to us, but how we handle it that is important". Caregivers were encouraged to have a plan. She left us with this message, "be grateful for everything and always!"



On Tuesday May 2, 2017, Elizabeth Boeck from The Healing Space presented Laughter Yoga at Dickson Hollow in Menomonee Falls. Did you know that laughter reduces asthma attacks, hypertension, pain and frequency of bronchitis while it strengthens immunities? One minute of sustained laughter is equal to 10 minutes of exercise on a rowing machine. Even if you have to fake laughter, you will reap the benefits of laughter. Elizabeth Boeck taught the group exercises that promote laughter. She shared a catchy acronym "J.O.Y.", which stands for "Just Open Yourself". Elizabeth believes if you are open you will find joy.



This session intended for caregivers and their care recipients

**Tuesday, June 6th, 2017** at Elmbrook Church,  
777 S. Barker Road, Brookfield, WI 53045

**Dawn Koceja**, Accessibility Coordinator from the Milwaukee Public Museum.  
Presents Creative Engagement - Ways to stimulate conversation through creative activities.

The ADRC of Waukesha County  
extends its gratitude to our Caregiver  
Coalition community partners for  
helping to make this series possible!





# World Elder Abuse Awareness Day

June 15<sup>th</sup>

National Center on Elder Abuse and the Administration on Aging

**We invite you to join the ADRC for this important presentation!**

**Come for a complimentary lunch and learn about Elder Financial Abuse**

**June 15th 11:30 AM—1:00 PM**

**at the ADRC located in the Human Services Center**

**514 Riverview Avenue, Waukesha**

In observance of World Elder Abuse Awareness Day, June 15, 2017, White Collar Crime Paralegal April DeValkenaere and Detective/Investigator Maggie Herrmann will be presenting a Lunch & Learn, hosted by the Adult Protective Services Unit of Aging & Disability Resource Center of Waukesha County. **The purpose of the presentation is to raise awareness of elder financial abuse, what it is, how it happens, how to report it, and how to prevent it because it can happen to anyone.**

Did you know, between 2011 and 2030 about 10,000 baby boomers will turn the age of 65 every day? According to the American Society on Aging, an estimated 5 million older persons are abused, neglected and exploited annually. In the United States, older persons lose an estimated \$2.6 billion or more every year due to elder financial abuse and exploitation.

One of the solutions to elder financial abuse is awareness and education. We hope you will join us for the Waukesha County observance of World Elder Abuse Awareness Day!

April DeValkenaere is a Paralegal in the Waukesha County District Attorney's office, focusing on white collar crime. She spends the majority of her time on felony financial crime cases.

Maggie Herrmann is a Detective with the Waukesha County Sheriff's Department and is currently assigned as the Investigator for the Waukesha County District Attorney's office.

**SPACE IS LIMITED, CALL FOR A RESERVATION 262-548-7848**

## **What can you do if you suspect Elder Abuse?**

If you suspect that an elderly person is being abused, you should contact your local Police Department or contact the Adult Protective Services Unit in the Aging and Disability Resource Center at 262-548-7848.

Find local resources for Seniors, People with Disabilities, and Caregivers! Call the ElderCare Locator at 1-800-677-1116 or visit [www.eldercare.gov](http://www.eldercare.gov). For more information on elder abuse prevention, please visit <https://ncea.acl.gov>.



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"On this Day, I call upon Member States and civil society to strengthen their resolve and redouble their efforts to eliminate all forms of violence and abuse against older people."

*UN Secretary-General Ban Ki-moon*

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## The ABC's of why people call 800.272.3900

- R**— respite, repetitive questions, research, risk factors
- S**— sundowning, sleep changes, support groups
- T**— trialmatch, traveling, toileting changes, training
- U**— urinary tract infection, understanding dementia
- V**— vacation, visiting
- W**— wandering, ways to spend time with the person
- X**— x-treme emotional distress
- Y**— younger onset
- Z**— zero assistance

### Early Stage Support Group

Early Stage Support Groups are designed for individuals with Mild Cognitive Impairment (MCI), Early Stage Alzheimer's disease and other related dementia and care-partners/family members.

These groups offer dementia-related education, emotional support and connection to peers and community resources. Early-Stage Support Groups provide a safe and mutually-supportive environment of peers of understand.

**Date and Time:** 2nd Tuesday of each month at 9:30 a.m.

**Location:** Pewaukee Public Library,  
210 Main Street, Pewaukee

**Registration:** First time attendees please call  
Jennifer Harders at 800.272.3900.

## June is Alzheimer's & Brain Awareness Month: Know the 10 Signs

This June, during Alzheimer's & Brain Awareness Month, join the Alzheimer's Association® to help raise awareness of this devastating disease. You can start by learning and sharing the 10 warning signs of Alzheimer's disease.

It may be hard to know the difference between age-related changes and the first signs of Alzheimer's. Some people may recognize changes in themselves before anyone else notices. Other times, friends and family will be the first to observe changes in memory, behavior or abilities. To help identify problems early, the Alzheimer's Association has created a list of warning signs for Alzheimer's and other dementias. Individuals may experience one or more of these in different degrees:

1. Memory loss that disrupts daily life.
2. Challenges in planning or solving problems.
3. Difficulty completing familiar tasks at home, at work or at leisure.
4. Confusion with time or place.
5. Trouble understanding visual images and spatial relationships.
6. New problems with words in speaking or writing.
7. Misplacing things and losing the ability to retrace steps.
8. Decreased or poor judgment.
9. Withdrawal from work or social activities.
10. Changes in mood and personality.

If you or someone you care about is experiencing any of these signs, please see a doctor to find the cause. Early diagnosis gives you a chance to seek treatment and plan for your future.

To learn more about warning signs, visit [alz.org/10signs](http://alz.org/10signs) or call the **Alzheimer's Association** free **24/7 Helpline** at **800.272.3900**. (TTY:866.403.3073).

# Evidence-Based Prevention Programs

Evidence-based prevention programs have been researched and are proven to have positive results to promote safe, healthy aging. The primary goals of Evidence-Based Prevention and Education Programs are to empower adults to adopt healthy behaviors, improve health status, and manage chronic conditions better.

All workshops meet weekly over a period of 6–7 weeks. To ensure workshops meet the highest level standards, workshop are led by trained leaders. For a comprehensive list of Evidence-Based Prevention Programs, please check out:

[www.waukeshacounty.gov/ADRCWorkshops/](http://www.waukeshacounty.gov/ADRCWorkshops/)

**Healthy Living with Diabetes Workshop** is very interactive, where mutual support and success build participants' confidence in their ability to manage their health condition and maintain active and fulfilling lives. While facilitated by trained leaders, most of the learning comes from sharing and helping others in the workshop with similar challenges.

People who have taken the workshop show:

- Better health and increased confidence in managing their diabetes
- Improvements in blood sugar levels and A1C
- Decrease in health distress and hypo and hyperglycemia
- Minimize the adverse effects of diabetes
- Fewer doctor and emergency room visits and fewer hospitalizations



Join our next 6 week session beginning Tuesday, June 13<sup>th</sup>  
(no class week of July 4<sup>th</sup>)

10:00 am – 12:30 pm

(light snack included)

Brookfield Highlands Community Room

20825 George Hunt Circle

Waukesha, WI 53186

To Register Contact:

Rani H. @ (262) 798- 9612 or

ADRC of Waukesha County @ (262) 548-7848

\$20 workbook refundable deposit

**Chronic Pain Self-Management Workshop** participants are given information and practical tools to develop self-management skills, improve self-confidence and increase motivation to better manage their Chronic Pain symptoms and challenges. The workshop is designed for those living with Chronic Pain as well as those who support them.

Topics covered in the workshop include:

- Techniques to deal with problems such as frustration, fatigue, isolation, and poor sleep
- Appropriate exercise for maintaining and improving strength, flexibility, and endurance
- Appropriate use of medications

Join our next 6 week session beginning Tuesday Sept. 19<sup>th</sup>

10:00 – 12:30pm

(light snack included)

Brookfield Highlands Community Room

20825 George Hunt Circle

Waukesha, WI 53186

To Register Contact:

Rani H. @ (262) 798- 9612 or

ADRC of Waukesha County @ (262) 548-7848

Cost: \$30 workbook refundable deposit

Class size: 10 -16 participants







## Ask Ina

Dear INA,

My mother has heart disease and we had a conversation with her doctor about hospice. I am confused; I thought hospice was only for people with cancer?

Sincerely, Miss Taken

Dear Miss Taken,

Hospice is a program of care and support for people who are terminally ill. Here are some important facts about hospice:

- Hospice isn't only for people with cancer. It includes other terminal conditions such as heart failure, renal failure, liver disease, lung disease, stroke, or dementia.
- The focus is on comfort, not on curing an illness.
- A specially trained team of professionals and caregivers provide care for the "whole person," including physical, emotional, social, and spiritual needs.
- Services typically include physical care, counseling, drugs, equipment, and supplies for the terminal illness and related conditions.
- Care is generally provided in the home.
- Family caregivers can get support.

Hospice is most beneficial to those whose life expectancy is approximately six months. A patient in the final phase of life may receive hospice care for as long as necessary when a physician certifies that the patient continues to meet eligibility requirements.

Hospice is a program that helps people who are terminally ill live life comfortably. When medical treatments cannot cure a disease, hospice professionals can do a great deal to control pain, reduce anxiety and provide medical, spiritual and emotional comfort to patients and their families. The goal of hospice is to improve the quality of life while easing the discomfort of incurable illnesses, including the treatment of physical and emotional pain. If given the choice, most people would prefer to die at home, free of pain, surrounded by family and loved ones. Hospice is designed to respect that wish.

Hospice differs from palliative care, which is the study and management of patients with active, progressive, far-advanced disease for whom the prognosis is limited and the focus of care is quality of life. The difference between hospice and palliative care is hospice is limited to those with a life-limiting illness, attempts to cure have been discontinued. Palliative care can be provided anytime during an illness, and active treatment for the disease can continue.

Medicare will cover the hospice care you get for your terminal illness and related conditions, but the care you get must be from a Medicare-approved hospice program. Medicare covered hospice services includes: skilled nursing services, physician visits, home health aide visits, volunteer services, medical social services, spiritual counseling, nutrition counseling, bereavement support for family. Additionally, Medicaid and most private insurance plans may also include a hospice benefit.

Medicare will not cover any of these once you choose hospice care: treatment intended to cure you, prescription drugs (except for pain relief), care from any provider that was not set up by the hospice team, room and board, care in an emergency room, inpatient facility care, or ambulance transportation.

For additional information regarding Medicare and hospice:

<https://www.medicare.gov/coverage/hospice-and-respite-care.html>

For additional information regarding Medicaid and hospice:

<https://www.forwardhealth.wi.gov/kw/pdf/hospice.pdf>





# June is Men's Health Month

By the GWAAR Legal Services Team

Each June, we celebrate Men's Health Month, with the goal of raising awareness of preventable health problems and encouraging early detection and treatment of disease. Men are encouraged to take a more active role in their health by eating healthily, exercising, and making disease prevention a priority. Preventative services that are covered by Medicare include some of the following:

- ✓ Cardiovascular disease screening to check cholesterol and lipid (blood fat) levels, covered once every five years if ordered by your doctor
- ✓ Prostate cancer screening for men 50 and over, prostate-specific antigen blood screening fully covered; you pay a 20% co-pay for a digital rectal exam
- ✓ Colorectal cancer screening for beneficiaries over 50
- ✓ Colonoscopies, covered once every 10 years, more often for those who are high risk
- ✓ Barium enemas when used in place of other screenings, covered once every 4 years or more often for those who are high risk
- ✓ Multi-target stool DNA tests, covered once every three years if you meet all of the following criteria: you are between ages 50 and 85; you show no signs or symptoms of colorectal disease; you are at an average risk for developing colorectal disease; and you have no family history of colorectal cancer
- ✓ Glaucoma test, covered once a year for those who are high risk
- ✓ Alcohol misuse screening, covered once a year
- ✓ Alcohol misuse counseling, if your doctor determines misuse has occurred, 4 brief face-to-face counseling sessions per year will be covered
- ✓ Depression screening, covered once a year

Please note that your doctor may recommend screenings that are not covered by Medicare. After an initial screening, you may need further diagnostic testing; these additional services may or may not be covered by Medicare.

To determine which preventive screenings you need, speak with your primary care doctor. To view a copy of Your Guide to Medicare's Preventive Services visit <https://www.medicare.gov/Pubs/pdf/10110.pdf> or call 1-800-Medicare.

## **Eldercare Senior Focus Group of Southeastern Wisconsin, Inc.**

**June 8, 2017 from 10:00 am to 12:00 noon**

**New Berlin Library Community Room, 15105 Library Lane**

***"How to Beat the Crooks"***

***Identity Theft and Scam Awareness***

***Sgt. Dan Hanlon & Representatives from the New Berlin Police Department***

Refreshments will be provided

Questions and replies to Jean Lazarus 414-352-1966

[www.ElderCareFocusGroup.com](http://www.ElderCareFocusGroup.com)

## Be on Alert!

The end of tax season is a prime opportunity for scammers to target you. Scammers will target people who owe the IRS money and make threatening phone calls or demand information from you, like your Social Security Number. These people are NOT Social Security, IRS or government employees.

According to the Social Security Office, requests from a government agency will come in writing, and legitimate Social Security, IRS, or government employees will **NEVER**:

- call you to demand immediate payment;
- demand that you pay a debt without the ability to appeal the amount you owe;
- require a specific means of payment, such as requiring you to pay with a prepaid debit card;
- ask you for your personal information or credit or debit card numbers over the phone; or
- threaten you with arrest or deportation.

If you receive one of these calls and are unsure what to do, hang up immediately. Do not give out any of your personal information. You can also request a number and extension as government officials have valid telephone numbers and extensions. After verifying that the information is correct, you can call back. Do not feel pressured to provide any information over the phone, especially if you feel uncomfortable.


By the GWAAR Legal Services Team

## WAUKESHA COUNTY SENIOR DINING CENTERS

<b>Brookfield</b> <b>782-1636</b> — Virginia Brookfield Community Center 2000 North Calhoun Road Monday thru Friday at 12:00	<b>Butler</b> <b>783-5506</b> — Pam Hampton Regency Apartments 12999 West Hampton Avenue Monday thru Friday at 11:45	<b>Hartland</b> <b>367-5689</b> —Peggy Breezewood Village Apartments 400 Sunnyslope Drive Monday, Wednesday, Friday at 12:00
<b>Menomonee Falls</b> <b>251-3406</b> — Diane Menomonee Falls Community Center W152 N8645 Margaret Road Monday thru Friday at 12:00	<b>Mukwonago</b> <b>363-4458</b> —Anna Birchrock Apartments 280 Birchrock Way Monday thru Thursday at 12:00	<b>Muskego</b> <b>414-422-0420</b> —Jack Stoney Creek Adult Community S69 W14142 Tess Corners Drive Monday, Wednesday, Friday at 11:45
<b>New Berlin</b> <b>784-7877</b> — Rhonda National Regency Retirement Community 13750 West National Avenue Monday thru Friday at 12:00	<b>Oconomowoc</b> <b>567-5177</b> —Lisa Oconomowoc Community Center 220 West Wisconsin Avenue Monday thru Friday at 12:00	<b>Sussex</b> <b>246-6747</b> —Nick Sussex Civic Campus N64 W23760 Main Street Monday thru Friday at 12:00
<b>Waukesha</b> <b>547-8282</b> — Lucille La Casa Village 1431 Big Bend Road Monday thru Friday at 12:00	<b>Eligibility:</b> Persons 60 years and older For reservations, call the dining center manager between 9:30 am- 12:00 pm, one working day in advance, or the ADRC at (262) 548-7826. Transportation may be available by taxi or Rideline for \$1.00 each way. Some Meals Sites offer blood pressure checks free of charge and some have foot care available for a fee. Ask your meal site coordinator what is available.	

# AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

## SENIOR DINING AND HOME DELIVERED MENU June 2017

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Meatloaf w/Mushroom Gravy Red Skin Mashed Brussels Sprouts Garlic Bread Choc Chip Cookie Alt: Fresh Fruit	Caribbean Chicken Breast Red Beans and Rice Seasoned Gr Beans Wheat Bread w/butter Fresh Orange Lemon Pudding Alt: Diet Pudding
5	6	7	8	9
Swedish Meatballs in Gravy Mashed Potatoes California Blend Vegetables Bread/butter Mandarin Oranges	Chicken Broccoli Rice Casserole Chef's Choice Vegetable Blend Bread/Butter Pears Brownie Alt. Sugar Free Cookie	<b>Choc Ice Cream Day</b> Lemon Herb Chix Breast Baked Sweet Potato w/ Butter Romaine Salad w/Italian French Bread w/ Butter Apricots Chocolate Ice Cream Alt. Sugar Free Ice Crm	Pizza Casserole Tossed Salad Dressing Warm Breadstick w/ Butter Seasonal Fresh Fruit Alt. Sugar Free Pudding	Roast Turkey w/ gravy Mashed Potatoes and gravy Peas Bread/Butter Dessert Bar Alt. Fruit
12	13	14	15	16
Chicken Stroganoff Parsley Buttered Noodles Steamed Spinach Whole Wheat Bread w/ butter Banana	Roast Pork w/Apricot Glaze Scalloped Potatoes Key Largo Vegetables Baking Powder Biscuit Peanut Butter Cookie Alt. Grapes	<b>POLISHFEST</b> Polish Kielbasa on bun Ketchup / Mustard / and Sauerkraut Calico Beans Beet and Onion Salad Pound cake with whipped topping Alt. Sugar Free Cookie	Cheeseburger Whole Wheat Bun Lettuce, Tomato, Ketchup, Mustard American Potato Salad Kernel Corn Watermelon	Meatloaf with Gravy Double-Baked Potato Casserole Baby Carrots Marble Rye Bread w/ butter Dutch Apple Pie Alt. Apple
19	20	21	22	23
<b>HAPPY FATHER'S DAY</b> Grilled Brat on a Sausage Bun Ketchup & Mustard German Potato Salad Baked Beans Fresh Fruit Salad Frosted Brownie	Salisbury Steak Mushroom Gravy Mashed Potatoes With gravy Green Beans Dill Bread w/ butter Fruit Crisp Alt. Apple	<b>1<sup>st</sup> DAY OF SUMMER</b> Chicken Caesar Salad Caesar dressing, parmesan cheese croutons Broccoli Salad Croissant w/ butter Summer Fresh Fruit	BBQ Beef Whole Wheat Bun American Fried Potatoes Ketchup Peas & Carrots Marble Cake w/Chocolate Icing Alt. Sugar Free Pudding	Chef Salad w/ Ham, Cheese, Egg, Tomato & Cucumber Ranch Dressing Sesame Bread / butter Strawberry Ice Cream w/Fresh Strawberries Alt. Sugar free ice crm
26	27	28	29	30
Sweet & Sour Pork W/ Onions and Green peppers Brown Rice Sugar Snap Peas Pineapple Juice Multi Grain Bread w/ butter Chilled Pears	Italian Meat Sauce Spaghetti Noodles Parmesan Cheese Garlic Bread Wax Beans Rice Krispies Treat Mandarin Oranges	Crab Pasta Salad Marinated Tomato and Onion Salad Blueberry Muffin Grapes	Chicken Duglere Spinach Salad Raspberry Vinaigrette Wild Rice Blend Sunshine Carrots Dinner Roll Lemon Pudding Alt. Orange	Stuffed Salmon Boat Dill Sauce Quartered Red Potatoes Brussels Sprouts Rye Roll w/ butter Sliced Peaches

# Summer

**PLEASE NOTE: MENU MAY BE  
SUBJECT TO CHANGE; 1% MILK  
INCLUDED**

**ALT= LOW SUGAR ALTERNATIVE**  
*Menu subject to change without notice*

# GROW YOUR HEALTH WITH STRAWBERRIES



## Did you know...

### Strawberries Grow Great in Small Spaces

**Small Pot Varieties:** Ozark Beauty or Tribute

**Soil:** Fertilized Potting Soil

#### Container Ideas:

- Hanging Baskets
- Rain Gutters
- Window Sill Container

**Link to more info:** "Growing Strawberries in Wisconsin"

<https://learningstore.uwex.edu/Berries-C84.aspx>

## Easy Strawberry Freezer Jam

### Ingredients

- 3 1/3 cups crushed strawberries
- 2 Tbsp lemon juice
- 3 Tbsp Low or No Sugar Needed Pectin
- 1 1/2 cups sugar

### Directions

1. Mix crushed strawberries, lemon juice and tin into large microwavable bowl. Let sit at room temperature for 20 minutes.
2. Add sugar; stir until mostly dissolved. Heat in microwave for 10 minutes until boiling and foamy. (Keep an eye on it so it doesn't boil over.) Remove & stir, mixture will be thin.
3. Skim the foam off the top, then pour jam into clean freezer containers leaving 1/2" head space for expansion. (If the fruit has risen to the top & the liquid remains at the bottom, pour the fruit back into the bowl, add one tablespoon more Pectin & heat again until boiling & foamy.)
4. Immediately top with lids & let stand at room temperature for 1 to 2 hours to cool down before placing in the freezer. Refrigerate up to 3 weeks or freeze up to 1 year.



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## Research Suggests that Regular Consumption of Strawberries may Help:

- 🍓 Boost your Immune System
- 🍓 Promote Eye and Skin Health
- 🍓 Reduce Inflammation
- 🍓 Promote Good Digestive Health
- 🍓 Regulate Blood Pressure
- 🍓 Reduce Risk of Cancer
- 🍓 Prevent Heart Disease
- 🍓 Improve Cognitive Decline

### All jammed up for Ideas?

- Add to Greek Yogurt with granola
- Use as a glaze on chicken or pork
- Add to cheese and crackers



**FOOD WISE**  
Healthy choices, healthy lives.

**UW Extension**  
Waukesha County

515 W. Moreland Blvd., Administration Center Rm G22  
Waukesha WI 53188

Phone: 262-548-7877 Fax: 262-548-7787

Para más información en español comuníquese con: 262-548-7882  
[www.waukeshacounty.gov/uwex](http://www.waukeshacounty.gov/uwex)





## Join the New Berlin Meals on Wheels Team

Many people know Meals on Wheels as a food delivery service for the homebound. However what they don't know is how impactful the moments of contact between the volunteer and the recipient can be. The delivery isn't just about nourishment; it's about a valuable moment of human connection. Currently the New Berlin Senior Dining Center is looking for Meals on Wheels drivers to help deliver a hot nutritious meals to seniors over the lunch hour. Meals are picked up 11:00 am and drivers are back by 1:00 pm. Meals are delivered weekdays, Monday-Fridays. Most drivers drive once a week or twice a month, the same route and same day of the week. Drivers are reimbursed for their gas mileage. If this sounds like an opportunity for you, call the ADRC at 262-548-7848 or visit the website [www.waukegacounty.gov/adrc](http://www.waukegacounty.gov/adrc) and click the volunteer tab.



## Memory Screenings



Library	Address	Date	Time
Oconomowoc Public Library	200 W South St Oconomowoc	6/5/2017	11:00am-3:30pm
Elm Grove Public Library	13600 Juneau Blvd Elm Grove	6/14/2017	10:00am-3:00pm
Sussex Public Library	N64 W23820 Main St Sussex	6/19/2017	10:00am-2:00pm
Hartland Public Library	110 E Park Ave Hartland	8/9/2017	10:00am-3:00pm
Brookfield Public Library	1900 N Calhoun Rd Brookfield	8/22/2017	11:00am-4:00pm
Muskego Public Library	S73W16663 Janesville Rd Muskego	9/13/2017	9:30am-1:00pm
Butler Public Library	12808 W Hampton Ave Butler	10/3/2017	1:00pm-5:00pm

**\*\* To make an appointment, contact the ADRC 262-548-7848**

# ***From the Desk of Your Benefit Specialist***

## **Is Retiring Later in Life Good for Your Health?**

By the GWAAR Legal Services Team

A recent Wall Street Journal article reported that retiring after age 65 may lead to a longer, healthier life. In the study on which the article was based, workers who retired in good health at age 66 had a 21% lower risk of death within 18 years of retirement, those who retired at age 67 had a 44% lower risk, and those who retired at age 72 had a 56% lower risk. Even people who retired for health reasons had a lower risk of death compared to those leaving work at 65.

Retirement, although often anticipated with excitement, is actually ranked as the 10th most stressful life event (more stressful than the death of a close friend or foreclosure on a mortgage). According to the article, “postponing retirement may delay the natural age-related decline in physical, cognitive and mental functioning, reducing the risk of chronic illness.” It has also been reported that for each additional year of work, the risk of getting dementia is reduced by 3.2%.

If you’ve already retired (or simply can’t stand the idea of working one more year), here are some ways you can still get the positive affects you would get from work well after retirement:

**Stay socially connected.** For many people, the workplace is their main place of social activity. Finding new ways to interact with others is critical. Consider joining a club, starting your own weekly gathering, volunteering, or making more of an effort to see friends and family.

**Play.** You might have found that while at work, you daydreamed about all the things you would do when work finally wasn’t taking up most of your time and energy. Now is the time to tap into all of those non-work interests. Give yourself bonus points if you use leisure activities as a chance to socialize.

**Be creative.** Creativity can come in many forms, such as art, music, gardening, woodworking, sewing, or cooking. Spend some time each day doing something creative that you have always enjoyed or take the opportunity to learn something new.

**Keep learning.** Work often provides a majority of a person’s mental stimulation. Some ways to challenge your brain after retirement include playing chess or cards, reading, solving puzzles, teaching or tutoring, or taking a class to learn a new skill.

Sources:

Lukits, Ann, Retiring After 65 May Help People Live Longer, the Wall Street Journal, May 2, 2016.

Skerrett, Patrick J., Is Retirement Good for Health or Bad for It? Harvard Health Blog, December 10, 2012.

3 Unexpected Benefits of Later Retirement, aplaceformom.com, last visited May 18, 2016.

## **Welcome to Medicare Class**

The Aging and Disability Resource Center of Waukesha County hosts ‘Welcome to Medicare’ classes on the second Wednesday of each month either 1pm-3pm or 5:30pm -7:30pm. Topics covered will be the basic parts of Medicare (A, B, C, D) and how they work. Information will be provided on how to enroll, available insurance options, and the drug coverage requirement. Lower income benefit programs will also be reviewed. It is suggested that you attend one class 2-3 months prior to starting Medicare. The class is located at the Health and Human Services Building at 514 Riverview Avenue. To register for this free class or for more information, please contact the Aging and Disability Resource Center at 262-548-7848 or visit our website at <https://www.waukeshacounty.gov/WelcomeToMedicare/>.

**Turning 65?  
Need Medicare?**

# HAPPY FATHER'S Day!

IN HONOR OF FATHER'S DAY AND THE U.S.  
OPEN COMING TO ERIN HILLS IN HARTFORD,  
UNSCRAMBLE THE WORDS ASSOCIATED  
WITH GOLF

1. YRAWFAI \_\_\_\_\_

2. UHGRO \_\_\_\_\_

3. CLSEI \_\_\_\_\_

4. REUCOS \_\_\_\_\_

5. EVRRDI \_\_\_\_\_

6. ERGEN \_\_\_\_\_

7. UBLSC \_\_\_\_\_

8. VOIDT \_\_\_\_\_

9. TRTPUE \_\_\_\_\_

10. KEORST \_\_\_\_\_

11. JOMAR \_\_\_\_\_

12. IDCDEA \_\_\_\_\_

13. DEEWG \_\_\_\_\_

14. RLSLEINHI \_\_\_\_\_

FAIRWAY ROUGH SLICE COURSE DRIVER GREEN CLUBS DIVOT PUTTER STROKE MAJOR CADDIE WEDGE ERIN HILLS

The older I get,  
the smarter my father  
seems to get.

- Tim Russert

**COMING SOON**

2017 ADRC Open House

Focus on ~~Dis~~ ABILITY

July 26<sup>th</sup> from 1-4pm

Health & Human Services Building

ADRC Suite 178

514 Riverview Avenue

Waukesha WI 53188

Come to discover the services and community resources the ADRC has to offer for  
those with ~~Dis~~ Abilities

Details in our July Newsletter

ADRC of Waukesha County  
Human Services Center  
514 Riverview Avenue  
Waukesha, WI 53188

If you would like to be added to or removed from this mailing, or if you would like to receive our Newsletter electronically, please call the ADRC at (262) 548-7848